

The Sourdough

S E N T I N E L

Nov. 11, 2005

Elmendorf Air Force Base, Alaska

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Repair and Reclamation prepares for UCI



– Pages 12-13

PHOTO BY STAFF SGT. DAVID DONOVAN

Our American Veterans – Defenders of Peace, Protectors of Freedom

By General Paul Hester
Pacific Air Forces Commander

Let us never forget. Let us always remember. Today we honor those great Americans who built the foundation on which our great country stands – our military veterans.

On this day in our history in 1921, the remains of an unknown soldier from World War I were ceremonially buried in Arlington National Cemetery in Washington D.C. This soldier was killed at 11:00 on November 11, 1918. Since then, the Tomb of the Unknown Soldier has served as a reminder to us that the needs of the many are met by sacrifice from the few. Our freedom comes at great cost, and during these trying times, we are acutely aware of that.

As we continue to fight the Global War on Terrorism, it is important to take this time to reflect. Today we remind ourselves of who we are as Americans, what we stand for as a Nation, and what we are fighting for as a Country.

Veterans Day is largely intended for us to thank our military veterans for their service and sacrifice for the common good – life, liberty, and the pursuit of happiness. I encourage you to extend your hand to veterans today – true American heroes – and thank them for their service to our country. And to you wonderful Pacific Air Forces Airmen and families, I offer my thanks on this Veterans Day for your dedicated work in continuing to defend peace and protect freedom.



COURTESY PHOTO
Gen. Paul Hester



Airman 1st Class Timothy McGee, 3rd Civil Engineer Squadron, displayed exceptional craftsmanship while assigned to a \$40,000 utility upgrade project at the 90th Fighter Squadron. He expediently removed and replaced over 600 feet of four-inch corroded water line. He also rectified safety hazards by replacing two outdated emergency eyewash-shower stations. Airman McGee’s efforts coupled with 12-hour workdays resulted in project completion three weeks ahead of schedule with a savings of \$100,000 in contractor costs.

Senior Airman Nathan Paet, 3rd Equipment Maintenance Squadron, distinguished himself by displaying superior performance in troubleshooting an LAU-128 missile launcher malfunction for Mountain Home’s 390th Fighter Squadron. His technical expertise proved crucial in the isolation of a defective trunion pin on the AIM-120 umbilical. He replaced the part and returned the launcher to combat ready status in only two hours. Airman Paets efforts saved a critical F-15E combat training sortie.

Senior Airman Cody Boyce and Airman 1st Class Kyle Gilliam, 3rd Equipment Maintenance Squadron, displayed courage and commitment to their fellow man during an emergency on Oct. 27. While preparing AIM-7 missiles for shipment in a confined container, a civilian worker collapsed. Airmen Boyce and Gilliam prevented the individual’s fall and further serious injuries. In addition, they moved him to safety, contacted munitions control, and directed emergency responders to the scene, potentially saving his life.



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Fire in base housing

Firefighters from the Elmendorf Fire Department pull furniture from a house after responding to a fire in base housing. The fire, which took place in the Silver Run housing area, caused water and smoke damage to all four units in the four-plex, but the fire damage was limited to one unit. None of the residents were injured in what William Bennyhoff, base fire chief, called a “good fire stop. This was a positive outcome for a negative event,” he said. Residents from the affected units were relocated to the Temporary Living Facilities.

12 Arctic Warriors selected for Chief

The following senior master sergeants were selected for promotion to chief master sergeant:

Ernest Guarena

3rd Equipment Maintenance Squadron

John Butler

381st Intelligence Squadron

Michael Carver

3rd Aircraft Maintenance Squadron

Albert Watts

3rd Medical Group

Randy Weiss

381st IS

Rodney Wood

Detachment 14,

372nd Training Squadron

Steven Kelly

3rd Civil Engineer Squadron

Gregory Smith

3rd Component Maintenance Squadron

Melvin Cooper

3rd Logistics Readiness Squadron

Eric Stenerson

3rd Wing Plans and Inspections

David Long

U.S. Air Force Band of the Pacific

Maureen Lowe

3rd Wing Legal Office



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done?

The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224

actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

Key phone numbers:

Col. Mike Hass, 3rd CES/CC
552-3007

Lt. Col. Mark Allen, 3rd SVS/CC
552-2468

Maj. Mitch Bird, 3rd SFS/CC
552-4304

Moment in History

Nov. 12, 1956:

The first link in the long distance White Alice Communications System was completed. Construction began in 1955 and the system was dedicated in 1958.



Best in DoD 2000
Best in Air Force
1999, 2000 & 2001
Best in PACAF
1998, 1999, 2000 & 2001

Editorial Staff
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Senior Airman Jared Marquis
Editor
Airman 1st Class Garrett Hothan
Photographer

Arctic Warriors aid former Keesler Airmen

By Capt. Kelly Jeter
3rd Wing Public Affairs

When Hurricane Katrina turned the Gulf Coast upside-down Aug. 29, Keesler Air Force Base near Biloxi, Miss., was squarely in its devastating path.

Several members, now assigned to Elmendorf, weathered Katrina at Keesler and have begun a fresh start with vivid memories of the storm and its life-altering aftermath.

Capt. Carl Young and his wife, Stacy, sheltered in the base hospital where the captain worked. "Some people started off in the basement, but when it flooded, they had to evacuate to higher ground," he said. "We all started a line up the stairs to the second and third floors and passed vital equipment up the line, so it wouldn't get ruined by the flood surge."

The makeshift "bucket brigade" saved expensive items like portable emergency room equipment and a small ultrasound machine. With minimal light and rising flood waters, the Airmen did everything they could to save as much equipment as possible.

When the hurricane had finally blown over, Captain Young's family turned out to be one of the luckier ones; the storm destroyed a family vehicle, but left most of the possessions in their home untouched.

Tech. Sgt. Tom Young and his family, on the other hand, lost nearly everything they own except a new vehicle.

"We were allowed to go back to our homes for a limited time about four days after the storm," said Sergeant Young. "The storm surge had risen to six feet in our house. The furniture and all our belongings were jumbled up and tossed around."

An invasive mold had already begun to form on all the wet furniture and saturated walls, making most everything in the house completely unsalvageable.

Sergeant Young's wife, Debbie, brought some pictures of her recently deceased father with her



COURTESY PHOTO

Tech. Sgt. Tom Young and his family lost everything but a new vehicle during Hurricane Katrina. Flood waters ripped through their home, destroying everything in its path.

into the shelter before the storm, and was glad she did after realizing the extent of their loss.

"We were able to salvage a few items that were stored high up on closet shelves, including about six pictures, but nothing else," she said.

When Elmendorf leadership received word that several inbound members from Keesler were arriving soon, some with little more than the clothes on their backs, a committee was formed to plan the best ways to assist them with their transition.

"These people have been through a lot, and many are going to have to start from scratch in rebuilding their lives," said Chief Master Sergeant Robert Tappana, 3rd Wing command chief, when first addressing the committee. "I want everything made as easy as possible for these folks when they arrive at Elmendorf."

Airmen at service agencies across the base were told that the magic word "Keesler" was their cue to move people to the front of the line, and immediately get help with anything they couldn't do

themselves.

"We've had a great experience with the agencies on base; the housing office in particular bent over backward to get us in our house right away, and they set us up to get loaner furniture just as fast," said Sergeant Young.

Captain Young echoed the comments. "We had a great reception all over base," he said. "Particularly finance — they worked on our travel voucher in addition to our evacuation voucher — things we couldn't get done at Keesler."

Just as the medical family at Keesler pitched in to help save their facility and equipment, the Elmendorf family has embraced their new members and gone the extra mile to give them all a smooth transition.

As both Young families and several other Airmen from Keesler begin a new start at Elmendorf, Sergeant Young's 7-year-old daughter, Caitlin, reminds us of a very important element: "We're all alive and okay. And, we have each other."

ASYMCA shuttle service accident, ticket free

By Staff Sgt.
Francesca Popp
3rd Wing Public Affairs

The Armed Services YMCA began offering a free shuttle bus service nearly nine months ago. More than 27,000 miles later, its four drivers are accident and traffic ticket free.

"With multiple drivers in all kinds of conditions, we are still accident free and ticketless, which says a lot for our drivers," said John Williams, ASYMCA transportation manager.

The service first began at Ft. Richardson in March, while Elmendorf was added in April. Since then, 5,734 people have used the shuttle as a means of getting around.

The shuttle helps military families get to the services they need, such as the hospital and Joint Military Mall. Additionally, it relocates people to and from the gates where they are let off by the People Mover. Rides are also offered to the 5th Avenue Mall and the bus transfer station on Saturdays, but there



PHOTO BY STAFF SGT. FRANCESCA POPP

Armed Services YMCA's Debra Templeton, shuttle van driver; Makeba Brown, senior driver; John Navaugh, shuttle driver; and John Williams, transportation manager, stand ready to give rides to people who live and work on Elmendorf and Ft. Richardson.

are certain limitations.

"Our funding only goes so far. We only have two eight-person vans that we use to transport in Anchorage; therefore it limits our ability for riders," Mr. Williams said. "We offer this service free of charge to our riders on the installations, but we have to pay our drivers and for gasoline. Gas at this time

is expensive, and (the) lower enlisted (troops) are feeling the burden of the high fuel costs and relying on us more."

While fuel costs are higher, this isn't preventing the shuttle bus service from giving a lift to anyone working or living on the installations. The ASYMCA is looking to expand this service.

"We are constantly trying to secure funds and donations to keep this service going, and then we will be able to expand the hours of operation," said Mari Jo Imig, ASYMCA deputy director. "The increased need arises each day with all the influx of troops arriving and cars in storage before deployments. With winter (here), we expect

(the number of) riders to increase even more."

Since beginning this service, Mr. Williams said the awareness of the program has increased ridership and with that, the experience, knowledge and efficiency of the drivers is continually improving. In March, 24 people used the shuttle, while the numbers jumped to more than 900 riders in October.

"It gives us great pleasure to know we are making a difference and have such a worthwhile program that substantiates our mission of helping the military and their families," Mr. Williams said. "We feel we are filling a need with a quality program."

The drivers offer rides from 7 a.m.-8 p.m. weekdays and 11 a.m.-7 p.m. Saturdays. However, anyone needing a ride must make reservations 24 hours in advance by calling 384-FREE (3733).

For details about the shuttle service or for other programs the ASYMCA offers, call 552-9622 at Elmendorf or 384-9622 at Ft. Richardson.

Construction keeps building ahead of schedule

By **Jeffrey Kreofsky**
3rd Civil Engineer Squadron

Another traditional construction season has ended, but it will not slow the pace of the Private Sector Finance Phase II construction project.

The project, now 1-year-old, is running ahead of initial predictions. All new construction, renovation and demolition projects are scheduled to be completed by late summer 2007.

The end result of this is that 80 percent of the family housing inventory will either be new construction or renovated with all new amenities at that time, a process that would have taken up to 50 years under the previous government financed housing renovation/construction methods.

Moose Crossing

Nearly 300 units are complete and more being finished weekly. The associated improvements such as tot lots, playgrounds, and other common areas will also be completed soon. Once finished, Moose Crossing will have 584 two-bedroom enhanced units, six chief’s units, 22 tot lots and playgrounds, basketball courts, a sledding hill, soccer and recreation field, and a community center. The Moose Crossing project also made a large transition when the off-base construction access was closed off and the entire area was placed within the fenceline of the base.

Phoenix

The Phoenix housing area has undergone demolition of all housing units and the temporary lodging facilities formerly located near Government Hill gate were relocated to the Phoenix site.

Sunflower/Houston

Demolition will continue in the Sunflower housing area where asbestos abatement on 112 units recently ended. Knocking down the Sunflower units in concert with the Houston units opens the area to

build 36 fourplexes, and framing is under way in North Houston for the first of these units. The first building is expected to be ready for occupancy in June 2006. The end result in the Houston housing area will be 108 two-bedroom and 38 four-bedroom housing units for junior and senior enlisted members.

New Sunflower/Cherry Hill

New Sunflower and Cherry Hill housing have received steam-to-gas conversions since the Central Heat and Power Plant closed. Cherry Hill housing has also received a significant improvement in quality of life when their basements were converted to arctic recreation rooms.

Boston

The schedule for all future demolition is under negotiation at this time. Demolition is expected to continue into Boston housing, near Chapel 2, this winter.

Seattle

Demolition is expected to begin in the Seattle area next spring. Seattle tenants will be notified in February or March of the timing of their relocations to different housing.

Denver

One of the project’s final phases, the Denver housing area, will see demolition make way for 20 new CGO two-bedroom housing units and eight senior officer quarters. Demolition will begin in the spring with construction following in November 2006.

Dayton

The Dayton housing area will also see significant renovations and one additional garage space with work beginning in that area September 2006.

Housing related roads



PHOTO BY MASTER SGT. TOMMIE BAKER

Construction crews demolished more than 230 old homes, in the housing area near Government Hill. The demolition is paving the way for construction of approximately 150 new homes for Elmendorf members.

This spike in construction activity has impacted traffic on Arctic Warrior Drive at the Post Road intersection to the construction zone. However, with the Government Hill Gate closed, the construction traffic on the base should be lowered considerably. This will lighten the burden on all base members as well as the contractors.

The Grady Highway connection to Ft. Richardson, initially expected to open this fall, has been delayed until summer. Postponement was due to above average rainfall in September causing soft spots in the road bed. The road will be closed this winter to prevent further damage, but work will begin again once frost goes out in the spring and, depending on weather, should be completed by June 2006.

Contact Jeff Kreofsky, project engineer, at 552-2581 or Orlando Bauzon, construction inspector, at 552-0323 for more information.

Icy pavement may cause bruising, broken bones

It's wintertime in Alaska. With that, the 3rd Wing Safety Office staff is beginning to see more accident reports with the words "slipping on ice."

The majority of these slips and falls happen in parking lots and sidewalks, where the greatest exposure to ice occurs.

Some people start their day getting into a warm vehicle from a heated garage; however, they may not notice the conditions outside. Once they arrive at work and park, they attempt to get out of the vehicle as if it were summertime.

Arctic Warriors should be aware, when exiting a vehicle in the winter, the first step could be in a snow or ice covered area, increasing the chance of slipping or falling. People walking to and from the work center at the beginning and end of the work shift may also encounter slippery surfaces.

These tips could help prevent slipping accidents both on- and off-duty:

- Be careful when entering and exiting a vehicle. If a large vehicle has a step, use it. Upon exiting the vehicle, ensure balance and stability before walking.
- Wear ice cleats.
- Slow down, stay steady and look carefully where feet are



PHOTO BY AIRMAN 1ST CLASS GARRETT HOTHAN

Snowpacked and icy conditions can lead to people slipping and falling, and injuring themselves. Using ice cleats can help prevent injury. Besides ice cleats, people should wear reflective belts to be seen in low-light conditions especially if there's a potential to fall.

placed.

- Use small steps and never let feet lose contact with the ice — no heel to toe stepping — to keep balance.
- Try to hold onto a rail or any object to help stability.
- Alert others to the icy hazard, if possible. If the sidewalk at work is icy, report the situation to your facility manager. That person should have the necessary resources to eliminate or reduce the hazard.

- Choose appropriate footwear. One of your best allies in slip avoidance is a good pair of shoes or boots. Slip-resistant or soft soled shoes or boots with good tread and adequate ankle support are needed for grip and stability.
- Hurried steps, overloaded arms and dangerous shortcuts cause mishaps. Stay away from shortcuts — take the time to be safe.

(Courtesy of the 3rd Wing Safety Office)

Tax program seeks volunteers

By Capt. Peter Kezar
3rd Wing Legal Office

The 3rd Wing Legal Office needs volunteers to serve as unit tax advisors for Elmendorf's Tax Program this tax-filing season.

People must be available Jan. 31-April 15 to assist unit members in preparing and filing taxes and volunteer at least four hours weekly at the tax center.

Each advisor must also successfully complete the Volunteer Income Tax Assistance program final course exam at the end of the training.

The free program assisted 1,829 people, saving them \$314,990 in tax preparation fees and netting more than \$3.3 million in refunds in 2005.

The Internal Revenue Service will conduct the VITA program training Dec. 5-9.

The training covers basic tax filing issues as well as the Taxwise software.

People who are interested in volunteering can e-mail their name and duty phone number to *peter.kezar@elmendorf.af.mil* or *ronald.johnson@elmendorf.af.mil* by Nov. 23.

For details or questions, call Capt. Peter Kezar at 552-1993 or Tech. Sgt. Ronald Johnson at 552-1869.

Briefs



Library closed

The base library closed Tuesday for carpet renovation. It will remain closed until Jan. 1. For details, call Capt. Wayne Stiles, 3rd Services Squadron, at 552-7245.

Holiday goody bags

Arctic Warriors are invited to help the base chapel assemble and hang goody bags on each Airman's dorm room door. Volunteers are needed Nov. 19, 9 a.m.-2 p.m. at the Chapel 1 Annex to assemble and deliver 500 plus bags of candy.

Donation boxes will be available at all worship services this weekend. Candy can also be brought to the Chapel Center. People wanting to help should call Chaplain (Capt.) Randall Erwin at 552-4422.

Vietnam veteran to speak

Dave Roeover, a nationally known motivational speaker, author and Vietnam veteran, will visit Elmendorf Dec. 2-5.

Mr. Roeover will tell his story Dec. 4 at 6 p.m. at Chapel 1 and Dec. 5 at 11 a.m. at the base theater. Lunch will be provided at the base theater.

People who want to hear Mr. Roeover speak at the theater must R.S.V.P. by Nov. 21 to Chaplain (Capt.) Earnest Beeman at 552-4422.

Tree lighting

Anchorage's annual Tree Lighting Ceremony takes place Nov. 25 at 6 p.m. in Town Square.

A reception honoring military members and their families begins at 4 p.m. at the Voth Theatre, 621 West 6th Ave. in Anchorage. Tickets are available to the first 150 military members and their families at the Armed Services YMCA central office, 7179 Fighter Drive, 552-9622 and the Ft. Richardson office in building 655, 384-9622.

Holiday lights

Exterior and interior holiday window lighting is now authorized on base homes. Energy-efficient lights may be turned on 6 a.m. to dawn and dusk to 11 p.m. Christmas tree lighting should be limited to the holiday season only. People will be required to extinguish holiday lighting when the last Iditarod dogsled musher crosses the finish line in Nome, Alaska, in March.

Airframe, powerplant certification

Military aircraft maintenance technicians are eligible to pursue Federal Aviation Administration Airframe and Powerplant certification if they have 30 months practical aircraft maintenance experience in airframe and powerplant systems.

For details or questions concerning the program, e-mail ccaf.faa@maxwell.af.mil.

faa@maxwell.af.mil or visit the Air Force A&P Certification Program Web site at www.maxwell.af.mil/au/ccaf/faa.htm. The site has a "FAQ Search" that should answer most questions concerning the program.

Air Force needs feedback

People still have time to take the 2005 Air Force Climate Survey, by the Nov. 23 deadline.

The survey is available 24 hours a day and can be accessed from either a government or personal computer at <https://afclimatesurvey.af.mil>.

Snow removal

Aurora Military Family Housing officials will dispatch snow removal equipment between 8 a.m. and 6 p.m. once the snow accumulations reach 2 inches.

The contractor first pushes the snow into piles and then hauls it away. Do not allow children to play on the snow hills since they will be loaded into trucks for hauling. The amount of snowfall determines when the snow will be moved.

Small plow trucks will be used in the officers' quarters and the Quesada area 6-8 a.m. for mission essential requirements only.

Call Aurora MFH at 753-1023 or 753-1024 for details or with questions.

Renter’s Insurance

All Aurora Phase II residents are eligible for free renter’s insurance and may also receive \$8 credit per month if personal insurance is already in place. For details, call 753-1023.

CSAF reading list

Officials announced the new Chief of Staff of the Air Force reading list Nov. 1.

The CSAF reading list can be accessed at www.af.mil/library/csaf-reading complete with links and book reviews. The books will also be available through Air University, Maxwell Air Force Base, Ala., and Air Force libraries.

Child care

The Mildly Ill Family Child Care program provides care for children, who under Air Force rules, could not otherwise receive care in base child care facilities.

A Family Child Care provider specially designated to accept only mildly ill children is available to provide care. Children in non-contagious stages of communicable illnesses or those with mild respiratory illnesses can be accepted for care. The care is free, but parents continue paying their regular child care fees.

To be eligible, the children must be enrolled full time in an on-base or off-base facility, Child Development Center, school age program,

or FCC home. Pre-registration in MIFCC is mandatory, and the parent and child must visit the provider’s home before making their first reservation.

For questions or details, call 552-3995 or 552-4664, or the MIFCC provider, Nel Rubbico, at 753-2454.

Medical records

In April, the 3rd Medical Group converted to the Composite Health Care System. The new system began the conversion to electronic medical records throughout the Department of Defense.

To assure departing individuals medical records are properly transferred to another health care facility, the 3rd Medical Group Records Department requires five duty days for processing.

To pick up medical records, beneficiaries can fax a copy of their orders to 580-2120, or drop off a copy of orders at the outpatient records section weekdays 8 a.m.-4:30 p.m. between five and 10 duty days of the final outprocessing appointment.

For questions or concerns, call 580-2112, or for details about obtaining a copy of your medical record, call the release of information office at 580-2108.

DoD flu Web page

The Defense Department’s deployment health officials have posted a Web page as part of Presi-

dent Bush’s strategy to combat the possibility of a flu outbreak.

The page includes frequently asked questions, information geared to servicemembers and links to other resources.

For details, visit the Web site at www.pandemicflu.gov.

Free mailing kit

The postal service created a free mailing materials “kit” based on the most popular items ordered to send care packages to the troops.

This kit may be ordered by calling (800) 610-8734 and requesting CAREKIT04. It contains 10 Priority Mail boxes, five “Mili-Pacs,” one roll of Priority Mail tape, and 10 customs forms with envelopes. It is encouraged that this process be followed for all mail destined for military units overseas. The address block on the Mili-Pac accommodates service member’s full name, rank or rating, military organization or unit, APO/FPO with 9-digit ZIP Code.

Packages and mail must be addressed to the service member, in accordance with Defense Department regulations.

View the
Sourdough Sentinel online
at
www.elmendorf.af.mil/3Wing/Units/PA/Webdocs/Sourdough.htm.



Chapel Schedule

Catholic Parish

- Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center
- Thursday Mass: 11:30 a.m. at the Hospital Chapel
- Sunday Mass: 10:30 a.m. at Chapel 1
- Sunday Evening Mass: 5 p.m. at Chapel 2
- Confession: 6 p.m. Sundays at Chapel 2

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Celebration Service: 9 a.m. at Chapel 1
- Gospel Service: noon at Chapel 1
- Fellowship Praise: 6 p.m. at Chapel 1

Religious Education

- Catholic Religious Education: Sunday at 9 a.m. at the Chapel Center.
- Protestant Sunday School: 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.



COURTESY PHOTO

Alaska Diamonds

Left to right, Master Sgt. Felton Johnson, 386th Expeditionary Maintenance Group first sergeant, Master Sgt. Bryan Hailey, 386th Expeditionary Maintenance Squadron first sergeant, Senior Master Sgt. Pat Julian, 386th Expeditionary Communications Squadron first sergeant, and Master Sgt. Manny Pineiro, 386th Expeditionary Logistics Readiness Squadron first sergeant, pose with the Alaska state flag at a deployed location. Sergeants Johnson, Julian and Pineiro are all deployed from Elmendorf, while Sergeant Hailey is deployed from Eielson Air Force Base, Alaska.

Article 15s, discharges

Article 15s:

A senior airman with the 703rd Aircraft Maintenance Squadron failed to pay his \$529.30 Military Star Card bill for over 30 days.

His punishment was a suspended reduction to the grade of airman 1st class, 15 days extra duty and a reprimand.

A staff sergeant with the 962nd Airborne Air Control Squadron broke his no contact order twice, made a false official statement and failed to maintain his NCO responsibilities.

His punishment was a reduction to the grade of senior airman, suspended forfeiture of \$978 pay for two months and a reprimand.

An airman 1st class with the 3rd Communications Squadron failed to obey a lawful order by driving on base while under base driving restriction.

He was reduced to the grade of airman basic, restricted to the limits of Elmendorf for 60 days and reprimanded.

An airman with the 3rd Services Squadron violated a no contact order and obstructed justice by asking someone to falsely

state that she did not violate the order.

Her punishment was a reduction to the grade of airman basic, suspended forfeiture of \$150 pay for two months, a reprimand and a suspended 14 days of extra duty.

A senior airman with the 3rd Mission Support Squadron drove recklessly and almost hit a 3rd Security Forces Squadron member and Military Working Dog.

Her punishment was a reduction to airman 1st class, suspended forfeiture of \$820 and a reprimand.

Discharges:

An airman from the 11th Operational Weather Squadron was administratively discharged for multiple minor disciplinary infractions.

His misconduct included one Article 15 for failure to pay debts, one letter of reprimand for abandoning a vehicle, one letter of reprimand for having a knife lodged in the wall of the dorm room and one letter of counseling for failing to maintain dormitory living standards.

The member’s misconduct resulted in his general discharge.

Arctic Life

Great living in the great land

173 Arctic Warriors receive CCAF degrees

Elmendorf hosted the Community College of the Air Force Graduation Nov. 4 at the Susitna Club. The guest speaker was Chief Master Sgt. Robert Tappana, 3rd Wing command chief.

The following individual were awarded the \$500 Airman 1st Class William H. Pitsenbarger Scholarship for continuing education:

Staff Sgt. Vincent Barronette,
3rd Civil Engineer Squadron
Tech. Sgt. Jorge Felix,
3rd Maintenance Operations Squadron
Tech. Sgt. Winfield Hinkley,
3rd Mission Support Group
Staff Sgt. Chiquita Holloway,
611th CES

Staff Sgt. Nagenia McBean,
3rd Medical Support Squadron
The following, including those listed above, received their CCAF degree:

Staff Sgt. Jose Abdelnoor,
3rd Logistics Readiness Squadron
Senior Airman Christian Allport,
962nd Airborne Air Control Squadron
Tech. Sgt. Fermines Almazan,
3rd Aircraft Maintenance Squadron
Senior Airman Anthony Alston,
3rd MOS

Tech. Sgt. Yolanda Anderson,
3rd Communications Squadron
Tech. Sgt. Kevin Arvidson,
962nd AACS

Staff Sgt. Ryan Atkinson,
517th Airlift Squadron
Staff Sgt. Steven Bayne, 3rd AMXS
Staff Sgt. Richard Belford,
3rd Equipment Maintenance Squadron

Master Sgt. Albert Bibbins,
3rd MOS

Senior Airman David Bolton,
3rd Operations Support Squadron
Senior Airman David Bonaccorso,
3rd EMS

Staff Sgt. Jorge Bonilla,
3rd Component Maintenance Squadron
Staff Sgt. Breanna Bowlds,
3rd CMS

Tech. Sgt. Kristi Briggs,
611th Air Intelligence Squadron
Master Sgt. Christopher Brown,
3rd Wing

Staff Sgt. Robert Brown,
11th Operational Weather Squadron
Staff Sgt. Michael Cagle, 3rd CES
Staff Sgt. Jonathan Cantwell,
3rd Maintenance Group

Senior Airman Luis Caracosa,
3rd MOS

Tech. Sgt. Andrew Carling,
Detachment 14,
372nd Training Squadron
Staff Sgt. Leonor Choi, 962 AACS
Staff Sgt. Charlemagne Christmas-Bishop, 3rd EMS

Tech. Sgt. Julie Churilla,
611th Air Support Squadron
Tech. Sgt. Michael Clark, 3rd EMS
Staff Sgt. Gregorio Comar,
703rd Aircraft Maintenance Squadron

Tech. Sgt. Alisa Conley, 3rd CES
Tech. Sgt. Brent Consbruck,
732nd Air Mobility Squadron
Tech. Sgt. Gregory Cordell,
Det. 14, 372nd TRS

Master Sgt. Gordon Cousins,
3rd LRS

Master Sgt. Michael Coyle,
962nd AACS
Staff Sgt. Jeanmarie Crawford,
611th AIS

Master Sgt. Joseph Crist, 3rd LRS

Tech. Sgt. Rachel Czmyr, 3rd Wing
Tech. Sgt. Jonathan Deane,
381st Intelligence Squadron

Staff Sgt. Steven Dengler,
U.S. Air Force Band of the Pacific
Master Sgt. Scott Dishman, 3rd CS
Staff Sgt. Samuel Dixon, 3rd AMXS

Master Sgt. Craig Duclos,
11th Air Force
Staff Sgt. Octavius Duffey, 3rd LRS
Senior Airman Christopher Edging,
3rd CS

Senior Airman Jessica Etts,
3rd OSS
Senior Airman Alexandria Figueroa, 962nd AACS

Tech. Sgt. Teresa Fish, 3rd LRS
Staff Sgt. Terrence Flowers,
3rd EMS

Tech. Sgt. Christopher Foster,
3rd EMS
Master Sgt. Andrew Freed, 3rd CS
Staff Sgt. Michael Garcia, 3rd LRS

Staff Sgt. Brianne George, 381st IS
Staff Sgt. Todd Grover, 3rd AMXS
Staff Sgt. Jason Grubaugh,
703rd AMXS

Master Sgt. Michael Hall,
3rd Mission Support Group
Master Sgt. Charles Hart,
3rd EMS

Senior Airman Lamar Harvey,
3rd LRS
Master Sgt. Brian Heath,
3rd AMXS

Tech. Sgt. Floyd Hemingway,
3rd EMS
Senior Airman Leonja Hollie,
3rd Medical Operations Squadron

Master Sgt. Donald Jenkins,
3rd Mission Support Squadron
Staff Sgt. Brian Jensen,
962nd AACS

Staff Sgt. Melissa Jernigan,
3rd EMS
Master Sgt. Bradley Johnson,
176th Air Control Squadron

Staff Sgt. Bridgett Johnson,
962nd AACS
Staff Sgt. Ronald Johnson,
3rd Wing

Tech. Sgt. Tracy Keller, 3rd LRS
Staff Sgt. Bryan Kiele, 703rd AMXS
Staff Sgt. Edison Kim, 3rd AMXS

Staff Sgt. Daimie Knott, 11th AF
Staff Sgt. Ruben Lacap, 3rd CS
Staff Sgt. Wesley Ladd, 3rd MSG
Senior Master Sgt. Timothy Larson,
3rd CS

Staff Sgt. Michael Lawler,
3rd AMXS
Master Sgt. Kenneth Lawson,
732nd AMS

Staff Sgt. Maria Lekity,
611th Air Support Squadron
Tech. Sgt. Richard Lottes, 3rd MOS
Staff Sgt. Dustin Loughman,
Det. 14, 372nd TRS

Staff Sgt. Virginia Martin,
Defense Courier Service
Staff Sgt. Daron Mason, 3rd MOS
Staff Sgt. Randy Maubach, 3rd LRS

Staff Sgt. Justin Mealy, 381st IS
Tech. Sgt. Shannon Moore,
3rd MSG
Senior Airman Matthew Morgan,
381st IS

Staff Sgt. Michael Morgan, 3rd CES
Tech. Sgt. Denise Mumme,
611th CES
Master Sgt. William Myles,
703rd AMXS



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Arctic Warriors prepare to receive their degree

Tech. Sgt. Daniel Noble,
703rd AMXS
Tech. Sgt. Scott Nych, 11th OWS
Master Sgt. Kelly Olsen,
611th ASUS

Senior Airman James Palsgrove,
732nd AMS
Staff Sgt. Ryan Pauley, 3rd EMS
Master Sgt. Jeffrey Pearson,
703rd AMXS

Tech. Sgt. Christopher Potter,
3rd MXG
Tech. Sgt. Jeffrey Powell,
732nd AMS

Tech. Sgt. Robert Quenzler,
3rd OSS
Master Sgt. Eric Rendall, 3rd EMS
Staff Sgt. Jared Rhodes, 3rd CES

Senior Airman Jason Rice,
3rd CMS
Staff Sgt. Benjamin Rich,
732nd AMS

Tech. Sgt. Steven Roberts,
372nd TRS
Senior Airman Karin Rodney,
3rd MSS

Senior Airman Luke Rogan,
3rd CES
Staff Sgt. Matthew Rogerson,
703rd AMXS

Tech. Sgt. Howard Rothstein,
3rd MOS
Staff Sgt. Jacob Ryun, 3rd CS
Staff Sgt. John Salle, 3rd CS

Staff Sgt. Jeromie Sandall, 381st IS
Master Sgt. Paul Scott,
361st Recruiting Squadron
Tech. Sgt. Michael Simkins,
517th AS

Tech. Sgt. Mark Snyder, 3rd CS
Tech. Sgt. Marlon Spencer,
3rd MSG
Staff Sgt. Nicholas Sprinkel,
381st IS

Tech. Sgt. Matthew Spunaugle,
3rd EMS
Tech. Sgt. Daryl Stahle, 372nd TRS
Tech. Sgt. Jon Steinmetz,
732nd AMS

Staff Sgt. Alex Stepp, 372nd TRS
Staff Sgt. Connie Storar, 3rd MDOS
Staff Sgt. Adam Surovick, 3rd CMS
Tech. Sgt. Sean Syrup,
Det. 14, 372nd TRS

Tech. Sgt. Raymond Thompson,
703rd AMXS
Staff Sgt. Brian Toberer,
732nd AMS
Staff Sgt. Nicholas Tonino,

703rd AMXS
Staff Sgt. Jolene Trappett,
611th AOG

Master Sgt. William Wackerman,
3rd LRS
Master Sgt. George Walsh,
3rd AMXS

Staff Sgt. Jeremy Waltz, 381st IS
Staff Sgt. Shannon Wangen,
3rd CES

Staff Sgt. Kellie Weiler, 3rd EMS
Master Sgt. Trevor Williamson,
11th OWS
Tech. Sgt. David Wolfe, 3rd MSG

Staff Sgt. Andrew Wood, 3rd CMS
The following individuals graduated and have since PCS'd from Elmendorf:

Staff Sgt. Ira Aycock
Master Sgt. Paul Bargman
Master Sgt. Paul Burger
Master Sgt. Robert Giddens

Staff Sgt. Robert Gill
Staff Sgt. Vicki Gonsalves
Tech. Sgt. Robert Harris
Senior Airman Katherine Heise

Master Sgt. Duane Helton
Senior Airman Andrew Hicks
Staff Sgt. Aaron Hoeffling
Staff Sgt. Robert Leach

Staff Sgt. Brandon Lublin
Staff Sgt. Aaron Marley
Staff Sgt. Kimberley Newell
Master Sgt. J. Parsons

Tech. Sgt. Mark Rochon
Tech. Sgt. Shane Roe
Tech. Sgt. Kenneth Smith
Master Sgt. Mark Stroisch

Staff Sgt. Danny Wood
The following individuals graduated and have separated or retired from the Air Force:

Heidi Anderson
Kelly Barker
Linda Benton
Anthony Catanese

Amanda Deskins
Robert Fox
Scott Kelly
Kristy Kittrell

Scott Koerber
Thomas Mugford
Lloyd Nakano
Tangi Nettles

Ezekiel Rodriguez
Blake Ruehrwein
Curtis Rustad
David Schroeder

Alton Theiss

3rd EMS lifts F-15 for semi-annual training

The members of the 3rd Equipment Maintenance Squadron's Repair and Reclamation Section know how to get an F-15 off the runway in an emergency.

The shop, led by Master Sgt. Bill Childs, shop chief and Tech. Sgts. Scott Waugaman, Mark Nino and Warren Waters, assistant shop chiefs, proved it during their semi-annual training Oct. 25.

According to Sergeant Childs, Sergeant Nino and Staff Sgt. Joshua Franzen developed a training day agenda instrumental in ensuring all R&R members receive quarterly academic and practical crash training.

"Using specialized crash equipment, two crews of 18 successfully lifted and repositioned a 30,000-pound F-15 using a 60-ton Grove Crane," said Sergeant Childs. "This training provided valuable hands-on experience that could not normally be gained without an actual aircraft incident."

Additional training was provided on the operation of an aircraft wheel dolly.

"The wheel dolly provides an alternate emergency method of clearing Elmendorf's extremely busy active runway during inadvertent aircraft tire blow-out," Sergeant Childs said.

Sergeants Nino, Waugaman and Franzen implemented the training scenario, which provided pivotal training to 36 crash recovery and nine civilian contracted transient alert members.

Sergeant Nino and his team coordinated critical training procedures with 3rd Wing quality assurance, flight and ground safety, 3rd Civil Engineer Readiness Flight, maintenance training flight, Fire Department, transient alert, and command post.

"Their training procedures were professional and paramount in a safe training lift of an F-15 aircraft," said Sergeant Childs.

Senior Master Sgt. Mark Samborski, flight chief, added that "Sergeants Childs and Waugaman have created a culture of excellence that surpasses any maintenance organization I've seen in my 18-year career."

The Recovery and Reclamation Section is responsible for the safe recovery of disabled aircraft, as

well as, removing disabled aircraft from the active runway. They also act as subject matter experts on mechanical flight control systems, canopy systems, landing gear systems and throttle systems.

(Courtesy of 3rd EMS Repair and Reclamation Section)



PHOTOS BY STAFF SGT. DAVID DONOVAN



Clockwise from top: Staff Sgt. Jesse Shinn, 3rd Equipment Maintenance Squadron, spots for Staff Sgt. Joshua Franzen, 3rd EMS, while an F-15 is lowered to the ground after a lift. The exercise is part of the squadron's Repair and Reclamation Section's semi-annual training and helps prepare for the upcoming Unit Compliance Inspection. The goal of the exercise was to move an F-15 off the runway in case it could not do so under its own power.

Senior Airman Kevin Greynolds, 3rd EMS, grabs some cargo straps to help lift the F-15.

Staff Sgt. Joshua Tugan, 3rd EMS, uses a flashlight to inspect an attach point before connecting the cables for the lift.

Members of the 3rd EMS lift the F-15.

Sergeant Franzen de-ices the aircraft.

Master Sergeant Bill Childs, 3rd EMS, connects the F-15 sling to a wing mount attach point on the F-15.

Cover: Sergeant Childs hooks the cables up to the F-15 sling.





Airman 1st Class Austin McPherson

Organization and duty title: 517th Aircraft Maintenance Unit aircraft hydraulic systems apprentice

Hometown: Stevensville, Mont.

Hobbies: Fishing, hunting, snowboarding, four-wheeling and riding motorcycles

Mission contribution: I am responsible for maintaining hydraulic systems on 18 assigned C-130H aircraft.

Time at Elmendorf: Nine months

Time in the Air Force: 13 months

Best part about being in Alaska: The fishing and scenery

Supervisor’s comment: “(Airman McPherson) is a hard charging and motivated Airman who consistently produces first-class work. He has an eagerness and drive to learn all he can about the hydraulic systems on the C-130. He’s completed 95 percent of his qualification tasks in seven months and was selected as the 703rd Aircraft Maintenance Squadron’s Airman of the Quarter.” Tech. Sgt. Mark Myers



PHOTOS BY STAFF SGT. SUELLYN NUCKOLLS

Tamara Hoch

Organization and duty title: Headquarters, Alaskan Command chief of human resources and administrative support

Hometown: Oscoda, Mich.

Hobbies: Supporting my two high school students’ sports activities, camping, fishing, Michigan football and church activities

Mission contribution: I am the liaison for Alaskan Command’s 14 Navy civilians and provide staff support for Arctic SAREX and Northern Edge exercises. I also plan the annual Federal Executive Association luncheon.

Time at Elmendorf: 11 years

Time in the Air Force: 19 years as a spouse and 14 years in civil service

Best part about being in Alaska: The vast beauty of this great state and knowing we’re only five hours from Hawaii and the beach.

Commander’s comment: “Tammy loves to work hard and have fun. She keeps the office entertained while supporting the entire Alaskan Command staff. She always has a positive attitude and a smile on her face.” Army Lt. Col. David Jones

Happy Birthday, USMC

By Capt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

- 1. Sphere
- 4. Scout’s group, in short
- 7. Collect, as in poker winnings (two words)
- 10. Baseball Hall of Fame pitcher Don
- 13. Card game
- 14. Gen. Wallace M. ___, Jr.; 23rd Commandant of the USMC
- 15. USN ship starters
- 16. MCI competitor
- 17. Countdown starter
- 18. Unit of work
- 20. Compounds containing potassium; used as fertilizers
- 22. Functioning
- 24. Overused expressions
- 26. USMC SSgt. Ambrosia ___; Medal of Honor recipient (Korea)
- 27. Tolkien character
- 28. Girl’s toy

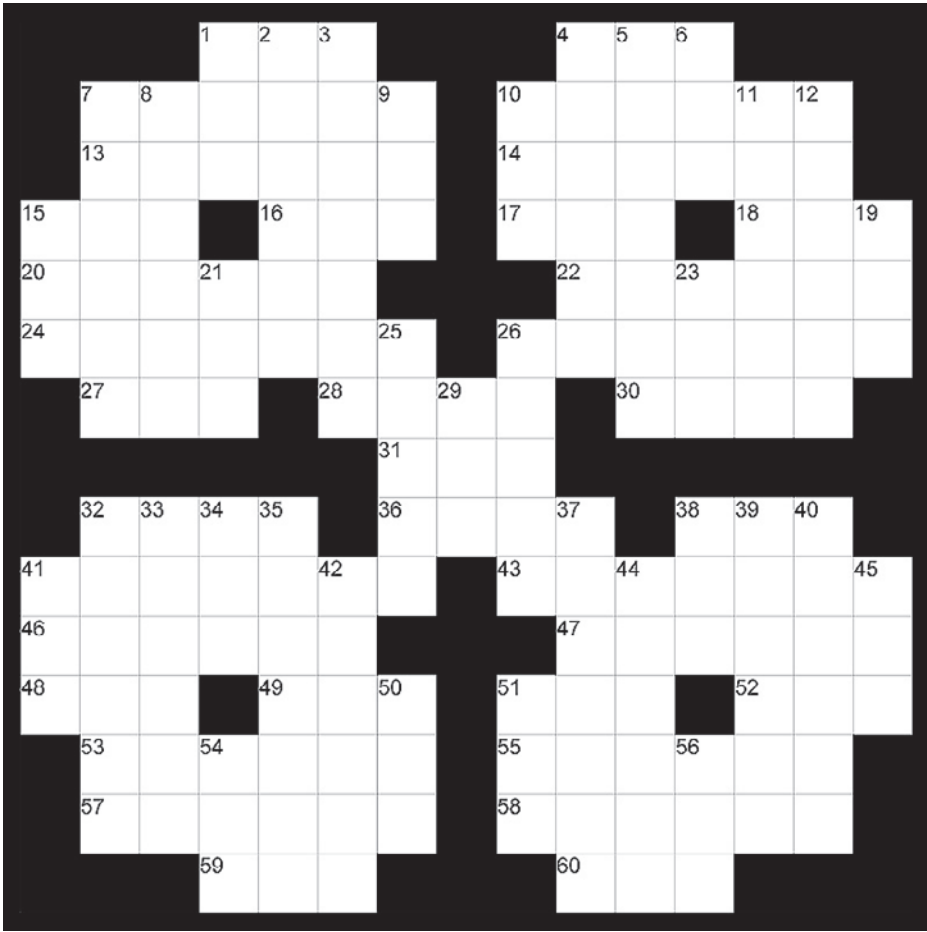


Last week’s solution

- 30. Scottish girl
- 31. USMC Sgt. Maj. Lewis G. _; 13th Sgt. Maj. of the Marine Corps
- 32. Boring
- 36. Charged particles
- 38. Time part, in short
- 41. USMC MGySgt Leland “Lou” ___; “Marine’s Marine” icon
- 43. USMC Maj. Gen. Wendell C. ___; 5th Commandant of the USMC
- 46. Without cash, words heard in stores
- 47. Sword
- 48. Former Austrian currency code
- 49. NBC rival
- 51. Demeanor
- 52. Group on Law & Order
- 53. Ventilate
- 55. More hesitant
- 57. Respectable
- 58. Gazelle relatives
- 59. Shaq’s org.
- 60. Mil. identification

DOWN

- 1. Oklahoma airport, in code
- 2. Discuss again
- 3. Delivered, as in a child
- 4. Dresser
- 5. Item to reproduce pattern on surface beneath
- 6. Dined
- 7. Fix a shoe
- 8. USMC Pfc. Oscar P. ___; MoH recipient (Vietnam)
- 9. Snare
- 10. USMC enlisted rank
- 11. Ryan and Ed
- 12. Bundles of fibers made of neurons
- 15. Item scanned at store, in short



- 19. USMC officer rank
- 21. Perform
- 23. Mil. pay during PCS
- 25. Dense
- 26. USMC Col. John H. ___; first American to orbit Earth
- 29. Zodiac sign
- 32. Ecosystems
- 33. Dog star
- 34. MDs’ professional org.
- 35. USMC Gen. Thomas ___; 17th Commandant of the USMC
- 37. Installments
- 38. Drink slowly
- 39. Struck out
- 40. Erases
- 41. Cell material
- 42. Astronomer’s sight
- 44. USMC Col. Jay R. ___; MoH recipient (Vietnam)
- 45. Places for MDs
- 50. Pig’s place
- 51. USMC Col. Gregory “Pappy” Boyington was one
- 54. Cartoon “___ & Stimpy”
- 56. Hostel

SPORTS PAGE

Martial arts keeps Airman fighting

By Staff Sgt. Francesca Popp
3rd Wing Public Affairs

Now entering the ring is the 155-pound, 5-foot-9-inch contender, “The Constrictor.” He sizes up the competition and begins the dance.

Albert Lua began practicing martial arts in middle school to help improve his wrestling skills. Nowadays, the 3rd Component Maintenance Squadron avionics technician said he holds a brown belt in judo and became a professional fighter in mixed martial arts Oct. 19.

Mixed martial arts is the study of hand-to-hand combat employing a variety of disciplines. It employs stand-up striking skills and clinch skills — when people are standing but locked at the arms, and wrestling skills.

The senior airman draws on his judo, Brazilian jiu-jitsu, wrestling, boxing, and Mui Thai kickboxing skills to fight. He said the first three are more clinch or ground-based arts for fighting in-close, while the latter are stand-up striking arts.

“One’s ability in mixed martial arts depends on his or her ability to blend fighting styles,” Lua said. “Think of each martial art as a little ball of clay ... the more clay you have, the bigger ball you come up with. But if you lack the ability to shape the ball or blend the styles, you can’t make much worth while.”

The Hawaiian native said he likes this sport because it requires

not only physical conditioning but skill, wit and smarts.

“Just because you have the tools, doesn’t mean you know how or when to use them,” Lua said. “MMA to me is a display of martial arts rather than a practice. It’s true there are people in MMA who just feel that because they’ve won a few bar fights they’ll be fine. If they end up (fighting) against a real martial artist, chances are they’re in over their head because they have no idea how to defend submissions, chokes, joint manipulations or effective standup striking.”

Lua said he took a break from the sport while stationed at Mountain Home Air Force Base, Idaho, but got back into it after moving to Elmendorf this past January. “When I got here, I went through a really tough breakup and I needed an outlet.”

According to Chuck Wichert, 3rd Operations Support Squadron air traffic control watch supervisor, Lua was hesitant to pursue mixed martial arts while in the Air Force, not knowing the Air Force’s outlook on the sport. Lua asked Wichert what he could do to compete.

“I offered a bit of help and the rest is history,” said Wichert, who is also a co-owner of the Alaska Fighting Championships.

Lua said mixed martial arts tend to be looked at as a barbaric sport. However, with the proper training and conditioning the violence can be controlled. Before he could pursue fighting professionally, the 21-year-



COURTESY PHOTO

Albert “The Constrictor” Lua (right) tries to get his opponent in range for an effective low-kick during an Oct. 19 match at the Sullivan Arena. Lua is a member of the 3rd Component Maintenance Squadron and turned pro at this event.

old had to get permission from his chain of command.

“I know of people who have been discharged for fighting without permission,” he said. “So after going through the proper channels and collecting a package of support on reasons why I should be allowed, I submitted my request for permission.”

In addition to having his chain of

command’s permission to participate in this sport and fight, Lua said he must complete a Pacific Air Forces Comprehensive Assessment of Risk and Evaluation System review monthly.

Lua, who is ranked fifth in the AFC’s mixed martial arts lightweight division, has four wins, one loss and no draws.



PHOTO BY STAFF SGT. FRANCESCA POPP

Wax on

Kevin Gochanour, Hillberg Lodge ski technician, waxes a ski during the lodge’s grand reopening Saturday. Applying wax to a ski helps it maintain maximum performance. Allen Cain, Hillberg Lodge manager, suggests people should wax their skis and snowboards monthly. However, people can wax their equipment every time they use it for maximum performance. He also said to prepare for the 2005-2006 season, the lodge is running its snow making machines 24 hours a day. The lodge’s slopes will open for business Nov. 25. It will offer beginner skiing and snowboarding lessons by appointment; however, a lift ticket and equipment are required. Equipment may be rented for the season, weekly or daily at the lodge. For details, call 552-4838 or the Hillberg hotline at 552-4276.